

- ◆ Fatigue is a state of mental and/or physical exhaustion which reduces a person's ability to perform work safely and effectively.
 - Prolonged mental or physical activity.
 - Sleep loss and/or disruption.
 - Less than 6-7 hours of sleep per night.
 - **Chronic** sleep loss is a greater mortality risk than smoking, high blood pressure, and heart disease.
 - Work related, non-work related, combination of both.

Subjective Symptoms of Fatigue

- ◆ Memory problems
- ◆ Depression
- ◆ Weakened immune system
- ◆ Increased perception of pain
- ◆ Decreased reaction times
- ◆ Decreased cognitive flexibility

◆ Sleep loss impairs:

- Eye-hand coordination
- Concentration
- Attention
- Judgment
- Memory

◆ Higher levels of:

- Stress
- Anxiety
- Depression
- Irritability
- Risk taking
- Mistakes

- ◆ Plan “make-up” sleep—although benefit is limited.
- ◆ Cut caffeine.
- ◆ Avoid alcohol as a sleep aid.
- ◆ Eat right.
- ◆ Restrict nicotine.
- ◆ Exercise at the right time for you.
- ◆ Avoid napping, particularly late in the day.
- ◆ Keep pets off bed.
- ◆ Relax before bedtime.
- ◆ Keep bedroom quiet, dark, and comfortable.
- ◆ Avoid watching TV, eating, and discussing emotional issues in bed.

Recommendations for Long Work Shifts

- ◆ Prepare meals ahead, particularly lunches.
- ◆ Develop a bedtime routine that helps you relax.
 - Consistency is the key.
- ◆ Set a bedtime (plus the time it take to get to sleep) that allows enough actual time asleep.
- ◆ Talk with family about your sleep needs and request help.
- ◆ Restrict evening time to the most critical self-care and family needs:
 - Dinner
 - Time with spouse and children
- ◆ Make SLEEP a true priority, because it's THAT important!